

Abstract

Title: The conditioning training of figure skaters in solo junior and senior category

Objectives: The main goal of the bachelor thesis is to develop a model fitness program for figure skaters in certain solo categories. Another goal is to set up fitness training programs for everyone in the figure skating industry, especially for coaches.

Methods: During the creation of the bachelor thesis, was used measuring method of the heart rate of figure skaters by a sporttester. Heart rate was measured for short program and free skate in women and men categories, at the highest possible load. During the creation was used my own experience from the field of exploration.

Results: The result of the bachelor's thesis is the compilation of the exercise plans with assumption for use in fitness training with figure skaters in junior and senior solo categories.

Keywords: heart rate, sporttester, sport training, fitness training, figureskating